



AQUA ZUMBA®

“The Zumba Pool Party”

Aqua Zumba takes the fun of the Zumba program into the water, without the impact! Aqua Zumba integrates the Zumba formula with aqua fitness techniques and blends it all together into a challenging and water-based workout. Workouts focus on cardio-conditioning, body-toning, muscle strength and endurance building, and increasing flexibility and mobility in a fun and exhilarating way. Splashing, stretching, twisting, and laughing, are often heard during an Aqua Zumba class!



San Ramon Olympic Pool

Ages 13 +

Fees: \$50 (R/GO)/\$62 (N) 5 Classes

<u>DAY</u>	<u>TIMES</u>	<u>DATES</u>	<u>Act. #</u>
Saturday	10:00-11:00 AM	7/12-8/9	91383
Saturday	10:00-11:00AM	8/16-9/13	91384

Fees: \$40 (R/GO)/\$50 (N) 4 Classes

<u>DAY</u>	<u>TIMES</u>	<u>DATES</u>	<u>Act. #</u>
Saturday	9:30-10:30 AM	6/7-6/28	91382

Instructor: Judy Connaughton

Participants should wear proper swim attire. Shoes are optional.

The pool is kept at a comfortable 80°F year round.

If you have questions call the San Ramon Olympic Pool at 925-973-3240

Benefits of Aqua Zumba

- Great for Adults & Seniors of all abilities.
- Increase overall fitness level.
- Great for participants with arthritis and joint problems, weight issues or for rehabilitation.
- Set and track individual goals and intensity levels with instructor.



How to Register

1. Online Registration at www.sanramonrecguide.com
2. Mail-In, Walk in or Drop-Off a registration form to 9900 Broadmoor Dr., San Ramon, CA 94583
3. Fax registration to 925-828-3427



SAN RAMON PARKS & COMMUNITY SERVICES

Creating Community through People, Parks, Partnerships & Programs

(925) 973-3200

www.SanRamon.ca.gov

Fax (925) 830-5162